Ep 183: What Medicare Won't Cover: Prevention & Wellness Transcript

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Introduction and insurance reality check

Welcome everybody to Connecting the Dots, Truth Bombs. Okay, I want to ask you a question. We have five minutes to really hear something and then hopefully take action.

I wanna ask if you heard this, How would it make you feel? Care that seeks to prevent disease, promote health, and prolong and enhance the quality of life is not considered medically necessary and therefore not payable.

Did you hear what I had to say? That is the Medicare platform, and all other insurance companies follow. So if you live your life only doing for yourself what your insurance company is willing to pay for, You are not going to get healthy.

You're not gonna get where you want to go. Where do you wanna go? I understand insurance. I know that you pay some pretty premiums every month.

Personal health choices and Medicare limits

So do I. But here's the reality, I have, can't even remember the last time I ever used insurance. I can remember last the time was on a prescription, which was when I was in my 20s and I'm 65 years old.

And I had some acne and took an antibiotic that made me sick to my stomach and stopped. Have not been on any prescriptive medication since then. Is that your story?

What do you do with your health? Who manages your help? And yes, sometimes we have to do a lot of research to figure out what it is that we are actually paying for.

Now, some of us may not have many options because you work for a company and this is the only insurance that they offer. So start talking to your company.

See if you can become part of the action that begins to look at another way so that people can actually get some form of insurance that will actually provide health care.

I just, this are actually 2025, when I turned 65, I did get Medicare, just because if you're ever going to have it, you got to get it when you are 65.

Chronic lifestyle problems and brain impact

Or guess what? You're going get penalized. So in that, I also kept my insurance with Liberty HealthShare because I always want the option to go in the direction that I want.

So I do have a premium with Medicare and I have the premium of Liberty health share. But I make decisions about my health, about what it is that i'm going to use it for.

Because this is the only real insurance that I have, is my health. And that's really the insurance you have is your health and health as I just read is not even acceptable in the Medicare model.

So we do have to step out of that and do things differently. The first thing that we have do is we start looking at our own lifestyles. I wanted to just highlight a couple of words to you, and I want you to ask yourself, do you have any of these problems?

Chronic stress, no time, poor diet, lack of exercise, brain fog, memory issues, headache. Now there's about 20 on

each slide, but I'm just going to highlight.

Feeling cold hands and feet, fears, shaky with miss mill, bowel disruption, dry skin, mood swings, unstable behavior. If you put a name on anything that you're going through, it's chronic.

And when you have a chronic problem, it impacts your brain. And it literally takes up real estate and it takes away from you things that maybe you did when were younger or that you just can't get around to doing now.

Connect My Brain action plan and call to action

You are surrendering valuable gray matter to those chronic stress patterns. If you want to make a difference, you're going to have to step out of the hamster wheel You're going to have to take new steps and you're gonna have do things differently.

Connect My Brain has a plan. Mechanical, chemical, brain. And we can coach you and we help you every step of the way. What we need from you is a high level of commitment.

If you are ready to Take Action, reach out. connectmybrain.com. Be blessed.